

## WOMAN'S WORK

## HINTS ON CANNING.

## Mrs. Hiller's Timely Suggestions for Busy Housewives.

In the course of an interesting illustrated article on canning fruits, in the July Housekeeper, Mrs. Elizabeth O. Hiller says:

The chief points in canning are to have the fruit perfect in shape and quality, syrup clear and rightly proportioned and boiling hot, the jars filled to overflowing and sealed quickly and thoroughly, that no air may be left inside. Have each utensil to be used in the progress in readiness, that there may be no needless delay. Pint jars are more convenient for a small family. Old jars should be scalded, also covers; new rubbers and covers can be procured at the grocer's when the old ones are unfit for use. A clamp is a great convenience, as jars may be held in the clamp directly over kettle and filled very quickly.

When the fruit is to be boiled in the jars, as it sometimes is, strew the bottom of the boiler with small wire nails. This makes an admirable trivet which prevents the jars from sitting on the bottom of the boiler where they would be likely to break. Allow water to come almost to top of jars. Fill the fresh fruit carefully into the jars and prepare the syrup, using sugar according to your taste. A good proportion and one which pleases the majority is one cup of sugar to one cup of water for each quart jar of small juicy fruits, and one cup of sugar to two cups of water for the large fruits—pears, peaches, etc. Pour the boiling syrup into the jars and bring the water in the boiler to the boiling point and boil five or ten minutes, according to the ripeness of the fruit.

Strawberries, plums and cherries will require more sugar. Cherries should be pitted, and I think a few pits cracked and kernels added to each jar improves the flavor. Quinces, apples, hard peaches, pears and all fruits which require softening should be cooked in water or syrup until they can be pierced with a small wooden skewer (toothpick). Fill the fruit carefully into jar, then strain boiling syrup over it, filling the jar to overflowing. Just a word here in regard to preparing the large fruits: Pare and cut into halves, quarters, eights or thin slices, according to the size of fruit used, as carefully as possible, and when cooking in the syrup prepare it as above and slip fruit into it carefully. Do not allow it to "wallop" in the boiling process, or your syrup will not be clear and your fruit will lose its shape.

Peaches, are usually canned in halves or slices. Break a few of the stones and add half a dozen kernels to each can of fruit, which improves its flavor and affords a change, as do a very few cassia buds in the same manner.

## The Use of Unfermented Grape Juice.

Editor of The Progressive Farmer:

The beneficial results of the wholesome use of unfermented grape juice and now being brought to the public attention. Its use in sickness, convalescence and good health is recommended as a cure, restorative and preventive; not only by persons in the prime of life and the young, but the old as well. Indeed, it has become quite a fad, and people who have taken up its use declare it both refreshing and nourishing. It is readily made so as to please the eye by its color and attractive appearance, the smell by its aroma and fragrance, and the palate by its pleasant flavor. It is easily prepared with the facilities of the ordinary kitchen. Clean, sound, well ripened grapes are used, being crushed in a cider mill, or by hand if necessary. The juice, which results is heated in a double boiler, or a large stone jar in a pan of hot water, so that the juice does not come in direct contact with the fire, at a temperature of 180 degrees to 200 degrees F. After heating, it is put in a jar and allowed to settle for twenty-four hours, carefully filtered and put up in air-tight bottles. It makes one of the best, cheapest and refreshing summer drinks known.

TODD.

## The Midsummer Fashions.

Sun-plaits are the season's novelty and characterize both walking and trailing skirts.

Many of the smartest afternoon gowns are made of voile. There are voiles in checked, striped, plaided and dotted weaves, and a novelty shows silky white hairs over the surface.

Next to the skirt-and-coat costume there is none so popular as the shirt-waist costume, and every woman considers at least one shirt waist gown of light-weight wool or silk a necessary addition to her ordinary street frocks. The smartest of these are made of linens and linen canvas, with braid and buttons for ornamentation.

The long, loose coat has proved itself so desirable a garment that it is included in every well-appointed outfit, being made of thin French cloth, linen, canvas, brilliantine and satin. Coarse linen canvass coats are worn not only with skirts to match, but afford the desired protection to thin summer dresses.

There are beautiful stocks of heavy washing materials, with medallions of lace let in, embroidered designs and fancy stitching for ornamentation; others are relieved from plainness by a line of narrow piping in color about the edge. Pearl buttons or studs are used to fasten some of the daintiest of these. Long scarfs of silk crepe or linen gauze are the prevailing fashion, and their success lies in the manner in which they are tied.

Nothing in dress is of greater importance than the footwear, which must not only be comfortable but fashionable, which must accord with the costume and occasion upon which it is worn.—From the Delineator for August.

## A Church With Nineteen Rooms.

They have something new in a Methodist church in Shelby, which a correspondent of the Charlotte Observer says is nearing completion. "When finished," we are informed, "it will be one of the handsomest and best equipped church edifices in the State. It contains nineteen rooms, including kitchen and dining-room, where lunch will be served at the noon hour each day during the meeting, that the housekeepers may be able to attend the services, and also to relieve the delegates of the long tramps, many of the homes being far distant from the church."

We assume that lunch is to be served on special occasions and not at every meeting.—Exchange.

## NIGHT WAS HER TERROR.

"I would cough nearly all night long," writes Mrs. Chas. Applegate, of Alexandria, Ind., "and could hardly get any sleep. I had consumption so bad that if I walked a block I would cough frightfully and spit blood, but, when all other medicines failed, three \$1.00 bottles of Dr. King's New Discovery wholly cured me and I gained 58 pounds." It's absolutely guaranteed to cure Coughs, Colds, La Grippe, Bronchitis and all Throat and Lung Troubles. Price 50 cents and \$1.00. Trial bottles free at all druggists.

## OUR STATE NORMAL AND INDUSTRIAL COLLEGE.

The catalogue of the North Carolina State Normal and Industrial College, advertisement of which appears in another column, shows an enrollment during the past year of 494 college students and 366 pupils in the Practice and Observation School.

The dormitory capacity will be increased before the next annual session opens September 15th, but it will be necessary to give most of the new places next year to tuition-paying students, as the rooms must be furnished and the college has no funds with which to furnish them except as it secures funds from tuition.

Students secure free-tuition by agreeing to become teachers in the public or private schools of the State for at least two years after leaving the college, and in no other way can free-tuition be secured. All the free-tuition students cannot secure board in the dormitories where board is furnished at actual cost, but places will be reserved in the dormitories for 175 free-tuition students and 175 tuition-paying students. Provision will be made for fifty free-tuition students with board in private families and twenty-five tuition-paying students with board in private families.

There are so many applications for free tuition with board in the dormitories that it will be necessary occasionally to hold competitive examinations, and in order to secure a chance for one of these free-tuition places with board in the dormitories an application should be in the hands of President McIver on or before July 15th. Each county in the State is entitled to one or more of these places, according to the white population of the county. In the dormitories the annual expenses of a free-tuition student for board, laundry, and fees for registration, physician's attendance, library, use of textbooks, etc., is \$100. Tuition-paying students pay \$140. Non-residents of the State pay \$160. The annual expenses of students in private families is about \$12 more than that of boarders in the college dormitories.



Every mother can have, free, our book on the disorders of children—stomach troubles, worms, etc. It will save many a medical bill. It teaches the use of

**FREY'S VERMIFUGE**

A remedy especially adapted to the delicate stomach of childhood. It has cured children for 50 years. Bottle by mail, 25 cents.

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correspond in Page Fence; both a little higher.

PAGE WOVEN WIRE FENCE CO., Adrian, Mich.

## SOUTHERN RAILWAY

In effect June 14th, 1903.

This condensed schedule is published as information and is subject to change without notice to the public.

## TRAINS LEAVE RALEIGH, N. C.

12.50 A. M. No. 111 daily for Greensboro and local points. Carries Pullman sleeper Goldsboro to Greensboro, connecting at Greensboro with No. 39, "Atlanta Express," Pullman sleeper and day coaches to Atlanta, Pullman Tourist sleeper to San Francisco Cal., Tuesdays, Thursdays and Saturdays via New Orleans and Southern Pacific. No. 33, "Florida Express," for Charlotte, Columbia and Savannah. Pullman sleeper to Jacksonville, Fort Tampa, Charleston and Augusta connections for all points in Florida. No. 37, "Washington and Southwestern Limited," solid Pullman train drawing room sleepers, New York to New Orleans and Memphis, connection is also made for Winston-Salem, Wilkesboro, Danville and local stations 5:20 a. m. No. 112 daily for Goldsboro and local stations; connecting at Goldsboro with Atlantic Coast Line for Wilmington, N. C., Wilson, N. C., Tarboro, N. C., Norfolk, Va., and intermediate stations, also at Goldsboro with Atlantic and North Carolina Railway for Kinston, N. C., Newbern, N. C., and intermediate stations.

8.56 A. M. No. 107 daily for Greensboro and local stations, connects at Durham for Oxford, Henderson, Keyville and Richmond. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 39, U. S. "Fast Mail" for Washington and all points north; Pullman drawing room sleepers to New York and Richmond; close connection for Winston-Salem, Mocksville and local stations, with train No. 7 for High Point, Salisbury, Charlotte and local stations.

10.30 A. M. No. 108 daily for Goldsboro and all local points, connects at Selma for Wilson, Rocky Mount and all Eastern North Carolina points. At Goldsboro for Wilmington, Kinston, New Bern, N. C., and Norfolk, Va., where close connection is made with Chesapeake Line for Baltimore and all other outgoing steamers.

2.52 P. M. No. 135 daily for Greensboro and intermediate stations; connects at Durham for Oxford, Clarksville, Keyville daily except Sunday. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 29 for Columbia, Augusta, Savannah, Charleston, Pullman sleeper and first-class coaches Washington to Jacksonville, Fla. No. 35 "U. S. Fast Mail" for Atlanta and all points south and southwest, Pullman drawing room sleepers to Birmingham and New Orleans, day coaches Washington to New Orleans, also with north bound trains, No. 34 and 38 for Washington and all points north; Pullman drawing room sleepers and observation car to New York; connection is also made at Greensboro for Winston-Salem and at Salisbury to Memphis.

4.12 P. M. No. 136 daily for Goldsboro and local stations.

C. H. ACKERT, Gen'l Manager.  
W. A. TURK, Pass. Traf. Manager.  
S. H. HARDWICK, G. P. A.,  
Washington, D. C.  
R. L. VERNON, T. P. A.,  
Charlotte, N. C.  
T. E. GREEN, City Ticket Agent,  
Office in Varborough House Building,  
RALEIGH, N. C.